

## November 2026

| Monday                                                                                                                            | Tuesday                                                                                                                                                      | Wednesday                                                                                                                                       | Thursday                                                                                                                                             | Friday                                                                                                                                    |
|-----------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------|
| <p>Oct 26 Shreddies, milk, pears</p> <p>Scrambles eggs, roasted potatoes, peas, bread, milk</p> <p>Cheese, Triscuits, peppers</p> | <p>27. Cinnamon Raisin toast, Plums</p> <p>Pulled pork, buns, garden salad, milk</p> <p>Fruit Yogurt, bread sticks</p>                                       | <p>28. Pancakes, strawberries.</p> <p>Tomato, Macaroni soup, Grilled cheese sandwiches, cucumbers, milk</p> <p>Cocoa Zucchini loaf, Bananas</p> | <p>29. Apple sauce, granola</p> <p>Salmon Nuggets, Mac &amp; Cheese, roasted carrots, milk</p> <p>Pita bread, Tzatziki, cucumbers</p>                | <p>30. Rye toast, eggs, apples</p> <p>Roasted chicken, Pasta Parmesan, Peas, milk</p> <p>Fruit Fiesta, crackers</p>                       |
| <p>Nov 2. Yogurt, Bananas</p> <p>Sloppy Joes, pepper &amp; cucumber slices milk</p> <p>Cheese, Pickles, Ritz crackers</p>         | <p>3. English muffins, fruit spread, plums</p> <p>Turkey noodle soup, Sub sandwiches with chicken, lettuce, cheese, milk</p> <p>Arrowroot cookies, pears</p> | <p>4. Blueberry Muffins, Yogurt</p> <p>Lasagna, Garden salad with lettuce, tomatoes, carrots &amp; cucumbers, milk</p> <p>Trail mix, melon</p>  | <p>5. Cheerios, milk, peaches</p> <p>Broccoli &amp; Cheese Quiche, rice, corn &amp; peas, milk</p> <p>Banana bread, blueberries</p>                  | <p>6. Bagels, cream cheese, plums</p> <p>Meatloaf, Mashed potatoes, corn, peas, milk</p> <p>Rice crackers, cheese, cucumbers</p>          |
| <p>9. Rice Crispies, Milk bananas</p> <p>Chili, buns, pepper slices</p> <p>Rice cakes, plums</p>                                  | <p>10. Cinnamon Raisin Bagels, Strawberries</p> <p>Chicken/vegetable stew, vegetable slices, buns, milk</p> <p>Cranberry Granola bars, oranges</p>           | <p>11. Egg bites, pears</p> <p>Shepherd's pie, buns, cucumber slices, milk</p> <p>Pita pieces, salsa</p>                                        | <p>12. Apple cinnamon oatmeal, berries</p> <p>Cheese burgers, lettuce, tomatoes, veggie slices, milk</p> <p>Oatmeal raisin cookies, Apple slices</p> | <p>13. Fruit Yogurt, granola</p> <p>Chicken Parm Meatball bake. Pasta parm, garden salad.</p> <p>Melba toast, cream cheese, cucumbers</p> |
| <p>16. Toast, apples, cheese</p> <p>Scrambled eggs, roasted potatoes, peas, bread, milk</p> <p>Trail mix, oranges</p>             | <p>17. Cheerios, milk, bananas</p> <p>Spaghetti, meatballs, Caesar salad, milk</p> <p>Pears, arrowroot cookies</p>                                           | <p>18. Yogurt, frozen berries, granola</p> <p>Mini deluxe pizza, cob salad, milk</p> <p>Cheese, Triscuits, apple slices</p>                     | <p>19. Apple sauce, banana muffins</p> <p>Shepherd's Pie, buns cucumber slices, milk</p> <p>Mini naan bread, cream cheese, cucumber slices</p>       | <p>20. Toast, eggs, pears</p> <p>Chicken, vegetable, noodle, soup, sandwiches veggie sticks</p> <p>Cantaloupe, crackers, wow butter</p>   |